

**Building Maine's Capacity to Provide Behavioral
Health Services in Response to Major Disasters**

November 30 - Portland
December 1 - Rockland
December 2 - Bangor

Building Maine's Capacity to Provide Behavioral Health Services in Response to Major Disasters

**Wednesday, November 30
Verrillo's, Portland**

**Thursday, December 1
Trade Winds Motor Inn, Rockland**

**Friday, December 2
Ramada Inn, Bangor**



**If a disaster struck Maine,
how could you help?**

These programs are being presented by:
Maine Department of Health & Human Services
- Office of Substance Abuse Services
- Office of Adult Mental Health Services
- Office of Children's Behavioral Health Services
Supported by: AdCare Educational Institute of Maine

The importance of disaster behavioral health response and recovery became clear after the events of September 11, and clearer still, after the tsunami, and more recently, the floods in the Gulf Coast. Additionally, the Secretary of Health and Human Services noted that there is a high likelihood of a highly lethal bird flu pandemic, very similar to that of 1918. Seventeen percent of national guard troops returning from Iraq have PTSD, and there already have been suicides in Maine among these combat veterans. Traumatic events can, at a minimum, cause widespread acute stress, impeding peoples' ability to respond effectively to the situation. Although a minority, some individuals develop such severe symptoms that they may become a danger to themselves or others. Civil disorder may ensue, as in the shootings and looting in New Orleans. In their distress, people may demand care for frightening somatic symptoms, further challenging an already overwhelmed health care system. Health care and public safety workers, witnessing gruesome scenes and working beyond exhaustion can also become so distressed that they cannot continue working safely and effectively.

We must therefore develop a behavioral health workforce that is prepared to respond to our citizens in the aftermath of a disaster, consult with health care providers managing the surge of victims and support public safety workers and first responders. It is also essential that these behavioral health first responders understand how the state and local disaster response is organized, and how best to fit into that system.

Behavioral health professionals in Maine have a long history of responding swiftly and generously to the needs of Maine citizens struggling to cope with traumatic events. Behavioral health providers in some areas of the State have already made great strides in connecting with their local partners in health care and in public safety. It is crucial that we further strengthen Maine's capacity to respond to the needs of Maine people coping with disaster by training disaster behavioral health providers who are willing to volunteer in all areas of the State.

The training events described in this brochure grew out of planning and trainings that have been done locally by community based organizations, as well as state, regional and national models for delivering disaster behavioral health services. The content and target audiences in each region of the state have been carefully selected to enhance skills of professionals who are prepared to respond, in each region of the state, in the event of a disaster. In these training events we are targeting two broad target groups:

- 1) Community Service Professionals and Volunteers who would be called upon locally to respond in the event of a disaster, such as local law enforcement professionals, hospital personnel, school personnel, First Responders, home visitors, such as public health nurses, home care providers for elder citizens, etc.
- 2) Behavioral Health Professionals who would be called upon to help their clients and the wider community cope with the emotional stress of living through a disaster or trauma event.

Each of these two broad groups needs to understand the impact of a disaster on the behavioral health of the community, and the ways in which they would need to do their job differently in the event of a disaster. Participants from these two broad groups will select an afternoon workshop that best fits their role and their informational needs.

Individuals who are interested in preparing to respond more effectively to a disaster in their local community are encouraged to register for an event in their area.

AGENDA

Program is from 9 AM until 4:30 PM

Morning Program: Understanding Disasters and Maine's System

-Types and Phases of a Disaster
-Common Stress Reactions - Coping Strategies including self care for helpers/first responders
-Overview of the Disaster Response System in Maine and Resources Available to Respond

Afternoon Program: Disaster Response Skills
(Choose the workshop that best fits your role during a disaster)

A) Disaster Response Skills for Community Service Professionals/Volunteers
B) Disaster Response Skills for Behavioral Health Professionals

Content to include:

-How behavioral health issues affect your role in a disaster situation
-Overview of the skills you would need
-Practice or demonstration of selected skills

TARGET AUDIENCE

These one-day trainings are being offered to two groups:

1) Community Service Professionals and Volunteers who would be called upon locally to respond in the event of a disaster, and

2) Behavioral Health Professionals who would be called upon to help their clients and the wider community cope with the emotional stress of living through a disaster or trauma event.

The program is most appropriate for people who would like a) an overview of Maine's disaster response system, locally and statewide, and/or b) an overview of the behavioral health issues and skills that they would be required to understand and demonstrate in a disaster situation.

CONTINUING EDUCATION

Continuing Education will be offered in the following categories: * EMS CEH * General * LADC
* LCSW * Nursing

OBJECTIVES

As a result of completion of this one-day training, participants will be able to:

- 1) Describe the extent and nature of behavioral health needs that Maine people would be likely to experience in the event of a disaster, including natural or technological disaster, infectious disease, or terrorism event.
- 2) Describe the core disaster response skills that they would be required to have to effectively respond to a disaster in their community (including skills required of Community Service Professionals or Behavioral Health Professionals).
- 3) Demonstrate beginning capability to provide at least one skill discussed in their workshop section.
- 4) Describe the command structure and services available to Maine people, in the event of a disaster.
- 5) Determine whether to continue to prepare to serve others in the event of a disaster, and know how and where to obtain additional training and preparation.

CO-SPONSORS

These events are being co-sponsored by the following ad hoc regional planning groups:

York County / CSI- Crisis Response Services, Inc.

Additional Members: DHHS – Child Protective Services, York County Emergency Management, Southern Maine Regional Resource Center, Southern Maine Medical Center, York Police Department, York County Shelters, American Red Cross

Mid-Coast / Mid-Coast Mental Health Center

Additional Members: Rockland Police Department, American Red Cross in Eastern Maine, Knox County Emergency Management, Center for Emergency Preparedness and Eastern Maine Regional Resource Center, Choice Skyward

Northern Maine / Aroostook County Emergency Management Agency

Additional Members: Region 5 Emergency Medical Services, American Red Cross, Division of Disease Control, Center for Emergency Preparedness and Eastern Maine Regional Resource Center, The Aroostook Medical Center, Northern Maine Medical Center, Aroostook Mental Health Center, Region 5 CISD Team, Law Enforcement.

PRESENTERS

The Presenters, Wayne Dailey, Ph.D. and James Siemianowski, MSW, LICSW consult regionally and nationally on disaster preparedness and related issues through the training and technical assistance group, Apogee Consulting. Both have trained with, and taught and consulted for the federal Substance Abuse and Mental Health Services Administration (SAMHSA) on disaster preparedness issues. Since September 11, 2001, Dailey and Siemianowski have shared responsibility for helping the state of CT improve its capability to respond to the psychological impact of terrorism.

Dr. Dailey is a licensed clinical psychologist with over 25 years of professional experience. During his career he has had extensive involvement in planning, establishing and evaluating mental health programs and service systems at the local, regional and statewide levels. He is a published author and researcher on the behavioral health consequences of disasters and terrorism. In addition to his work as a private consultant, he serves as Senior Policy Advisor at the Connecticut Department of Mental Health and Addiction Services. He is also Assistant Clinical Professor in the Department of Psychiatry, Yale University School of Medicine.

In addition to consulting on behavioral health disaster preparedness, Jim is a Senior Policy Advisor for the Connecticut Department of Mental Health and Addiction Services where he has shared responsibility for developing and implementing the Department's crisis response after 9-11. As the Department's Disaster Behavioral Health Coordinator, he has managed the crisis-counseling grant funded by FEMA and CMHS to serve Connecticut individuals who were victims of the terrorist attacks. In that role, Jim has also managed the department's activities related to bioterrorism preparedness through a collaborative with the State's Department of Public Health. He has been trained as a disaster consultant through the Substance Abuse and Mental Health Services Administration and has provided consultation and training to states in that capacity. Jim has also provided a broad range of disaster related training and technical assistance regarding behavioral health disaster preparedness on the local and national level. As part of an inter-agency team, he has developed and implemented over 15 behavioral health simulations. Jim also serves as an advisory board member for a National Center for Post Traumatic Stress Disorder research initiative chaired by Fran Norris, a leading behavioral health disaster researcher. He is also an adjunct faculty member at the University of Connecticut.

Registration Form

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Mailing Address – Please Print

Name _____

Degree _____ License _____

Agency _____

Street Address _____

City/State/Zip _____

Phone _____ Fax _____

Email _____

Registration fee: No fee, but registration is required

Includes: Program, Lunch/Breaks, and continuing education credit

Conference Date/Location

____ November 30 / Portland
____ December 1 / Rockland
____ December 2 / Bangor

**Final Deadlines: Special Accommodations: Nov. 11
Registrations: Nov. 18**

Confirmation of registration and site directions will be sent to you after the deadline of November 18

Continuing Education Certificate (please check one)

____ General ____ EMS ____ Nursing ____ LCSW ____ LADC

Cancellation - All cancellations/substitutions must be received in writing by November 29.

Participant List - Do you want your name to appear on the participant list which will be distributed at each regional conference? ____ Yes ____ No

SPECIAL ACCOMMODATIONS

American Sign Language Interpreter and Assistive Listening Devices or other accommodations available upon request. Conference sites are ADA compliant. Please check below:

____ Sign Language Interpreter
____ Assistive Listening Device
____ Other



For more information:

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